

An aerial photograph of a coastal town, likely Mali Lošinj in Croatia, during sunset. The sun is low on the horizon, casting a warm orange glow over the water and the town's buildings. The town is built on a narrow peninsula, with a large marina in the center filled with numerous sailboats. The water is calm, reflecting the sunset colors. The sky is a mix of orange, yellow, and blue.

X TERRA®

CROATIA
MALI LOŠINJ

Athletes Guide

Photo credits: Ivan Brčić



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Athletes guide is subject to change. For latest version always check on [XTERRA Croatia](#) web page.



Introduction

Welcome to Lošinj, the island of vitality

A mild climate, rich biodiversity, a pleasant environment and 250 cultural and entertainment events – these are just some of the reasons why Lošinj has become famous as the island of vitality in the international market.

Health tourism is an important tradition here and it has been on offer for more than 125 years. The combined fragrance of thick pine forests and medicinal herbs create unique aromatherapy in the open.

High quality seas and supreme air quality with over 200 days of sunshine and 1018 plant species, of which 939 belong to indigenous flora, make Lošinj the ideal aromatherapy centre and a modern destination of vitality, health tourism and environmental awareness.

Source: Mali Lošinj Tourist Board ([Visit Lošinj](#))



Photo credits: Ivan Brčić



Introduction

Premiere edition of XTERRA in Croatia

Embark on a weekend of adrenaline, adventure, and unforgettable moments at XTERRA Croatia Mali Lošinj, the ultimate off-road racing experience in the heart of the Adriatic. Taking place on the picturesque island of Mali Lošinj, this two-day event is packed with thrilling challenges and something for everyone, from elite competitors to weekend warriors and aspiring young athletes.



Contact Information

For any questions or inquiries, please reach out to the local organizers:

XTERRA Croatia - xterra@prosperityworks.com

For last minute updates please make sure you follow us on [Instagram](#) or [Facebook](#)





Introduction

Partners and Sponsors

We extend our sincere thanks to our partners and sponsors for making the XTERRA Croatia, Mali Lošinj event possible.



Event Schedule

Friday, May 9

When	What	Where
11:00 - 18:00	Trail & Bike Course open - unsupported	Trail & Bike Course
14:00 - 19:00	Expo Area Open	Trg Republike Hrvatske (Square)
14:00 - 18:00	Athlete Check-In/Registrations - Triathlon/ Kids Race	Trg Republike Hrvatske (Square)
16:00 - 16:30	Bike check-in - Kids race	Trg Republike Hrvatske (Square)
16:30 - 18:30	Kids Race	Trg Republike Hrvatske (Square)
18:30 - 18:45	Awards Ceremony - Kids Race	Trg Republike Hrvatske (Square)
18:30 - 19:30	Bike check-out - Kids Race	Trg Republike Hrvatske (Square)
19:00 - 19:45	Athletes Briefing	Trg Republike Hrvatske (Square)
20:00 - 21:30	Official Opening Ceremony & Pasta Party	Trg Republike Hrvatske (Square)

Event Schedule

Saturday, May 10

When	What	Where
07:00 - 08:45	Transition Zone Open - Bike Check-In	NK Lošinj - Football Pitch
09:00 - 18:00	Expo Area Open	Trg Republike Hrvatske (Square)
09:00	START - Super Sprint Triathlon Race	Blatina Bay
10:00	START - Sprint Triathlon Race - Men	Blatina Bay
10:15	START - Sprint Triathlon Race - Women	Blatina Bay
12:00	START - Full Distance Triathlon Race	Blatina Bay
12:00 - 16:00	Athlete Check-In/Registrations - MTB and Trail only	Trg Republike Hrvatske (Square)
17:30 - 19:00	Transition Zone Open - Bike Check-Out	NK Lošinj - Football Pitch
19:30	Awards Ceremony	Trg Republike Hrvatske (Square)

Sunday, May 11

When	What	Where
08:30	START - 25K MTB Race	Trg Republike Hrvatske
09:00 - 15:00	Expo Area Open	Trg Republike Hrvatske
11:30	START - Trail Race - 7K & 14K	Trg Republike Hrvatske
14:00	Awards Ceremony	Trg Republike Hrvatske



Event Venue

What is the best way to travel there?

Reaching Lošinj is quite simple, with several ferry, and travel options to suit your needs. Here's an overview of the best ways to get there:

Driving to Lošinj:

Traveling by car involves first reaching the island of Cres. From there, you'll drive across the swing bridge at Osor (which operates at 09:00 and 17:00) to reach Lošinj.

There are 3 ways to get to the island of Cres by car:

Ferry Valbiska (island of Krk) - Merag (island of Cres)

- » The one-way trip takes 25 minutes.
- » The line is maintained by the shipping company Jadrolinija.

[Click/tap here for sailing schedule and tickets](#)

Ferry Brestova (Istria) - Porozina (island of Cres)

- » The one-way trip takes 20 minutes.
- » The line is maintained by the shipping company Jadrolinija.

[Click/tap here for sailing schedule and tickets](#)

Ferry Zadar - Ist - Olib - Silba - Premuda - Mali Losinj

- » The one-way trip takes 7 hours.
- » The line is maintained by the shipping company Jadrolinija.
- » During the pre-season the line operates only on Monday and Friday

[Click/tap here for sailing schedule and tickets](#)

The drive offers picturesque views and the freedom to explore at your own pace.





Event Venue

Getting to Lošinj by high-speed Catamaran:

Catamaran carries only passengers and their baggage, **BUT NO BIKES.**

Catamaran Rijeka - Mali Losinj

- » The one-way trip takes 3 - 4 hours.
- » The line is maintained by the shipping company Jadrolinija.

[Click/tap here for sailing schedule and tickets](#)

Catamaran Pula - Mali Losinj - Zadar

- » The one-way trip takes 2,5 hours From Pula or Zadar.
- » The line is maintained by the shipping company Krilo - Kapetan Luka
- » During the pre-season the line operates only on Friday and Sunday

[Click/tap here for sailing schedule and tickets](#)

Flying to Lošinj:

- » Lošinj Airport (IATA: LSZ, ICAO: LDLO) is a small airport near Mali Lošinj, accommodating both domestic and international flights.
- » If flying internationally, Rijeka Airport on the nearby island of Krk is the most convenient large airport.
- » From Rijeka Airport, you can take a bus from Omišalj directly to Lošinj, simplifying your journey.

Parking

- » Please check the map on the following page to see the location of parking areas during the race weekend.
- » You can park for free in any place where parking is not prohibited and where there's no paid parking sign.
- » For paid parking - you can pay using parking machines or [**Bmove App**](#).





Event Venue

Accommodation

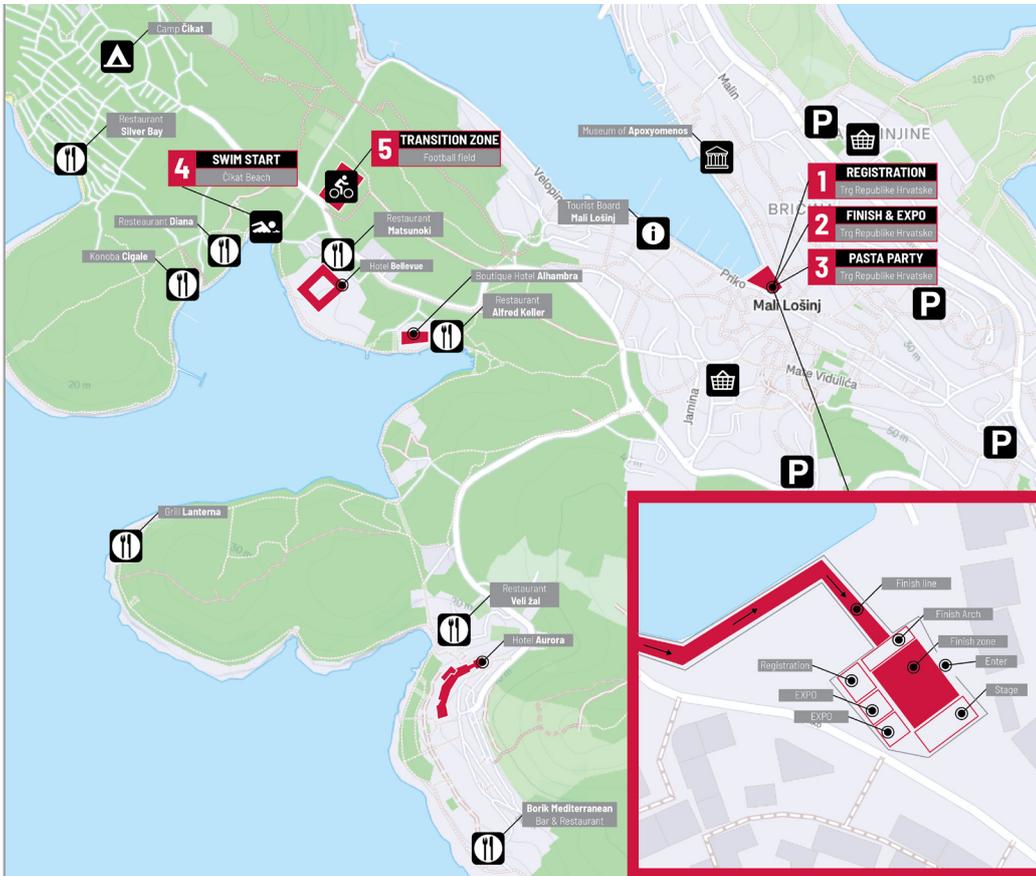
With the special discount code **XTERRA** you will get **10% off** on Lošinj Hotels&Villas semi-flexible price that is already 10% off of the regular accommodation price. You can use the discount codes for booking your accommodation until the beginning of the event.

The discount code XTERRA is only valid if you book through Lošinj Hotels&Villas' website.



Event Venue

Event Map



X TERRA®

CROATIA
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X TERRA CROATIA
MALI LOŠINJ 2025

EVENT MAP

- 1** Registration / Trg Republike Hrvatske
- 2** Finish & EXPO / Trg Republike Hrvatske
- 3** Pasta party / Trg Republike Hrvatske
- 4** Swim start / Čikat beach
- 5** Transition zone / Football field

- Supermarket
- Parking
- Restaurant
- Camp Čikat
- Museum of Apoxyomenos
- Tourist Board Mali Lošinj



Photo credits: Sandro Tariba

Pre-race activities

Athlete Check-in / Registration

Participants can register and pick up their packet at the XTERRA Registration desk in the Festival Area, at the main square - [Trg Republike Hrvatske](#) following the schedule:

Friday, May 9 from 14:00-18:00

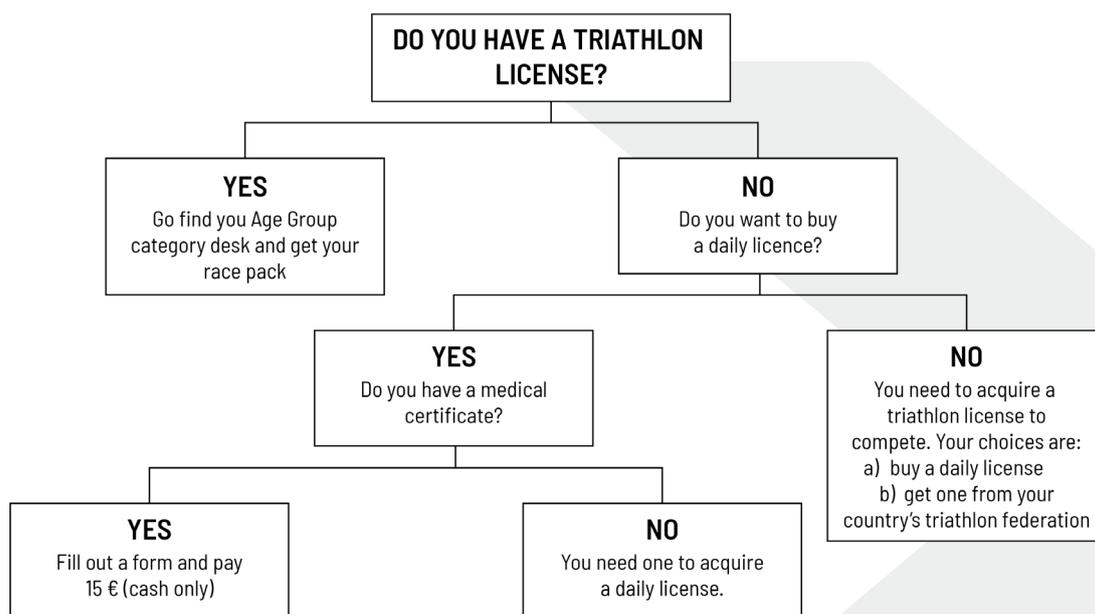
- » FULL DISTANCE triathlon
- » SPRINT triathlon
- » SUPER SPRINT triathlon
- » Kids Race

Saturday, May 10 from 12:00-16:00

- » Trail Run
- » MTB Race

All athletes are required to show an ID (a photo of ID on your phone or physical ID card). Youth athletes (minors) without an ID must be accompanied by a parent/guardian with a photo ID. You don't need to present any license to get your race packet. **However, for the Sprint triathlon, all competitors, regardless of nationality, must have valid Medical certificate and be in a possession of HTS (Croatian Triathlon Federation) day or annual triathlon licence. You can buy HTS day licence on premise (cash only - 15 €) and take part in the Croatian National Cross Triathlon Championship (XTERRA Sprint Cross Triathlon).**

XTERRA Sprint distance triathlon



Pre-race activities

Athletes briefing

- » Athletes briefing is **MANDATORY** for all competitors who are competing on Saturday in triathlon races.
- » Race officials will run through the ins and outs of the XTERRA triathlon courses, so it could be very useful even for the competitors in MTB race and Trail run.

WHEN?

- » **May 9 (Friday), 19:00 - 19:45**

WHERE?

- » [Festival Area \(Trg Republike Hrvatske\)](#)

For the Kids Race, MTB race and Trail run, the race officials will do short race briefing near the start line 10 minutes before each start.

Official Opening Ceremony and Pasta Party

- » The Official Opening Ceremony will take place at the main square in the Festival Area, starting at 20:00.
- » Following the ceremony, you're invited to join us for a Pasta Party. Our partners from Lošinj Hotels & Villas will be serving a selection of traditional pasta dishes inspired by the flavors of the Kvarner region.



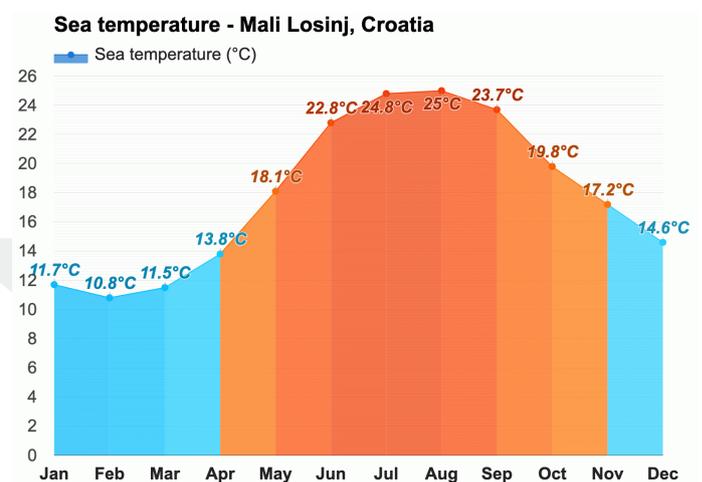
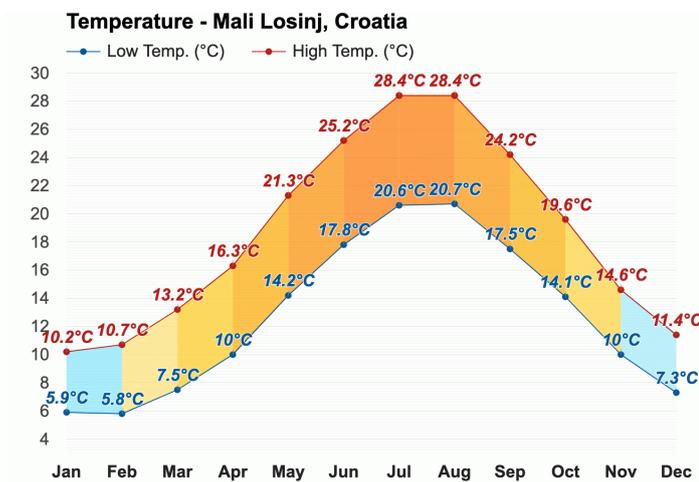
Race Day

Gear Checklist

Here is a list of things to bring with you on race day:

- » Timing chip and strap
- » Helmet
- » Approved wetsuit (wetsuit legal call to be made on Saturday morning 1 hour before each start)
- » Race clothing including swimwear (**provided swim cap**), bike shorts, top, goggles
- » Your race number and division tattoos
- » Hidration & nutrition
- » Spare tube/Co2 canister in case of a flat (chain tool is a good idea)
- » Running shoes (trail run shoes recommended)
- » Sunglasses, Hat/Visor (optional for the run)
- » Sunscreen
- » Towel (optional)

Typical wheather in May



Race Results

Results will be displayed in a special section on

[XTERRA Croatia](#)
[web page](#)

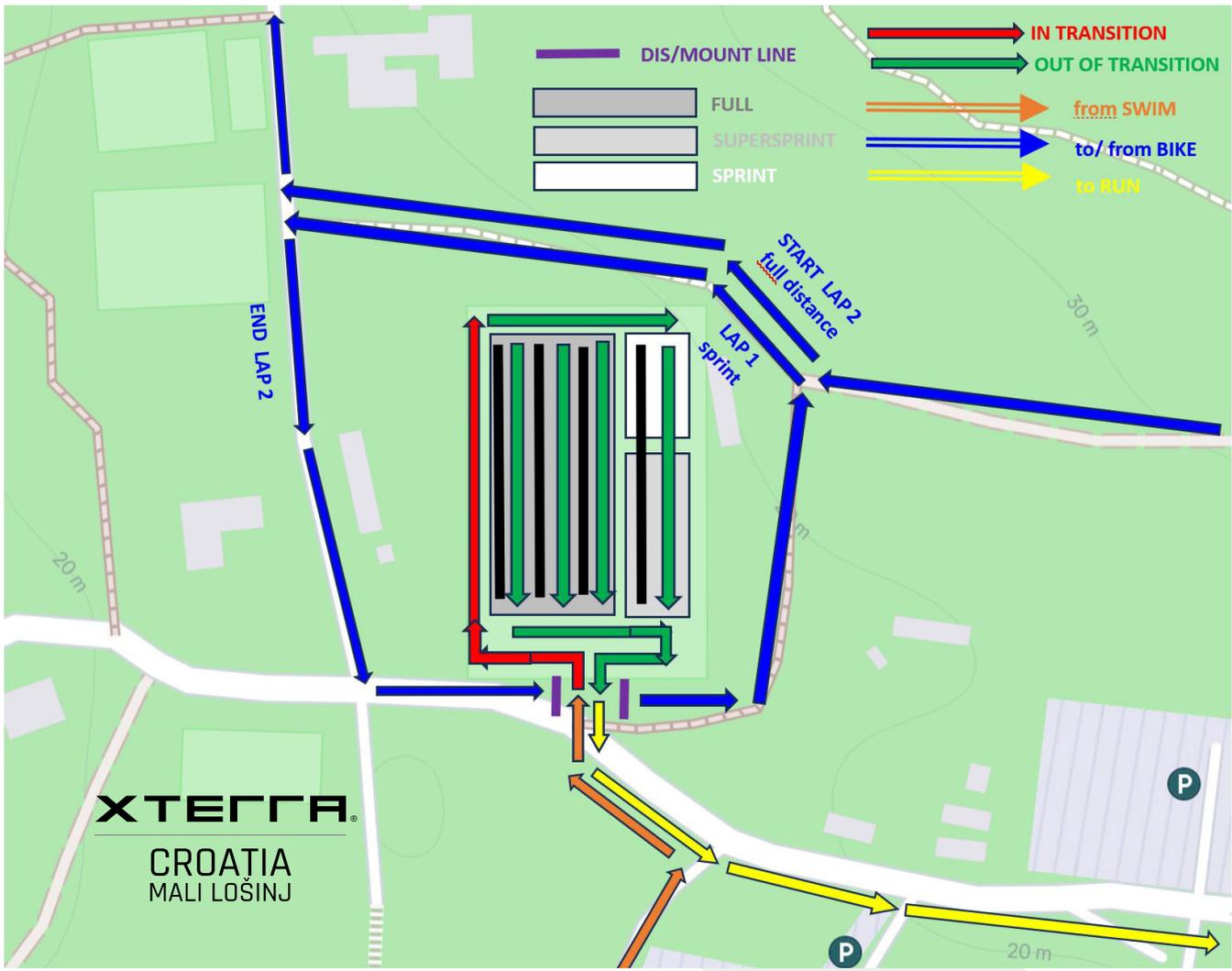


Race Day

Transition zone

Transition Zone is located at the [Mali Lošinj Football pitch](#)

Transition Zone will be open for **BIKE CHECK-IN** on Saturday, **May 10** from **07:00-08:45**



Transition Zone will be open for **BIKE CHECK-OUT** on Saturday, **May 10** from **17:30-19:00**

Water Temperature and Wetsuits

Final water temperature reading and determination of wetsuit use will take place on Saturday morning 1 hour before each start.

XTERRA follows the Swimming Conduct rules for Wetsuit established by [World Triathlon](#).

Please note that no speed suits are allowed for any race.



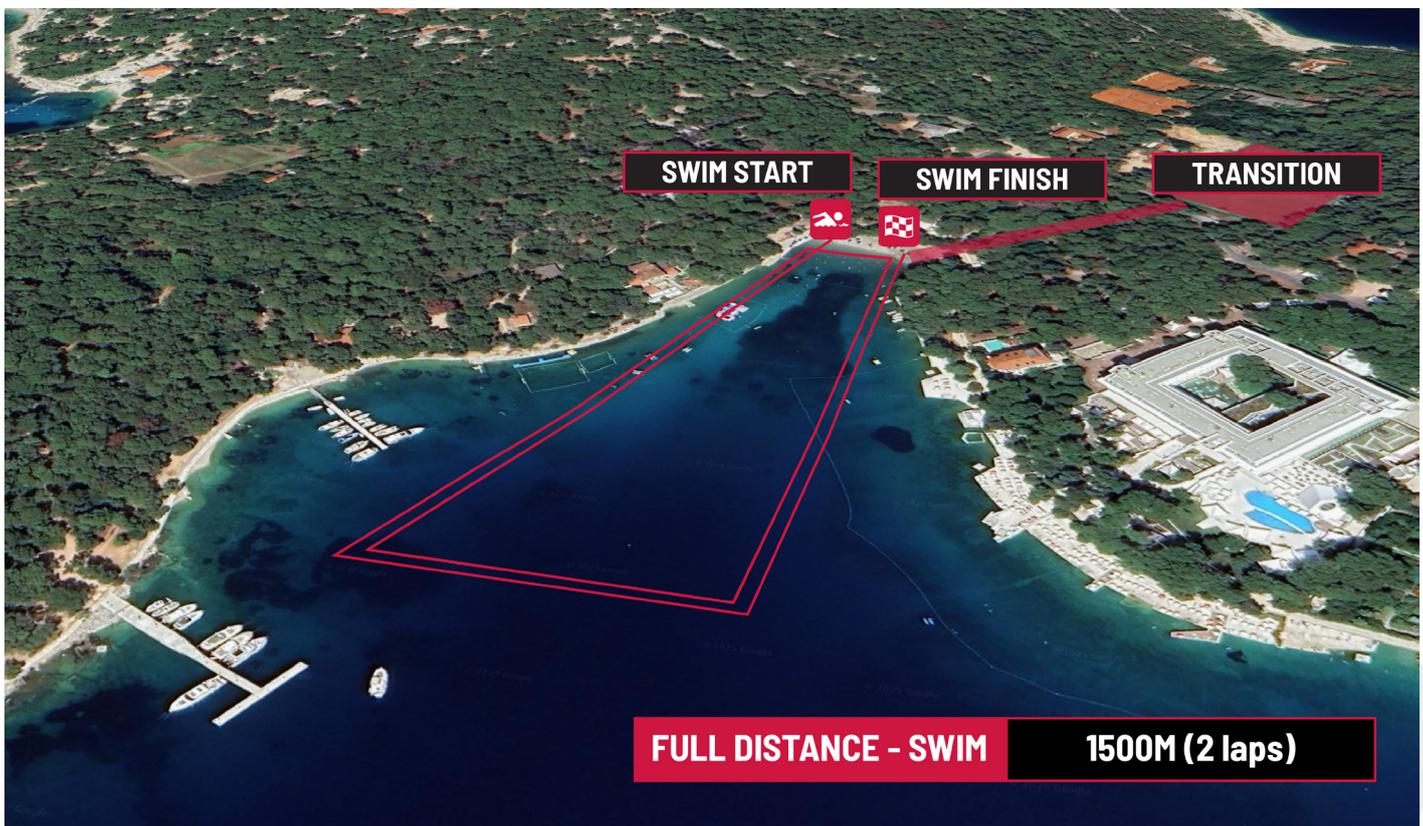
Race Courses

Full Distance Triathlon

- » Saturday, May 10
- » Start at 12:00
- » SWIM - 1500M (2 laps) - [GPX](#)
- » BIKE - 27K (2 laps) - [GPX](#)
- » RUN - 11,5K (2 laps) - [GPX](#)

SWIM

- » The swim course is flat, meaning its taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 2 laps around XTERRA buoys (counter-clockwise direction)
- » An "Australian Exit" after first lap (short running distance after first lap)
- » Exit on the sand beach with 150 meter run up to the transition area





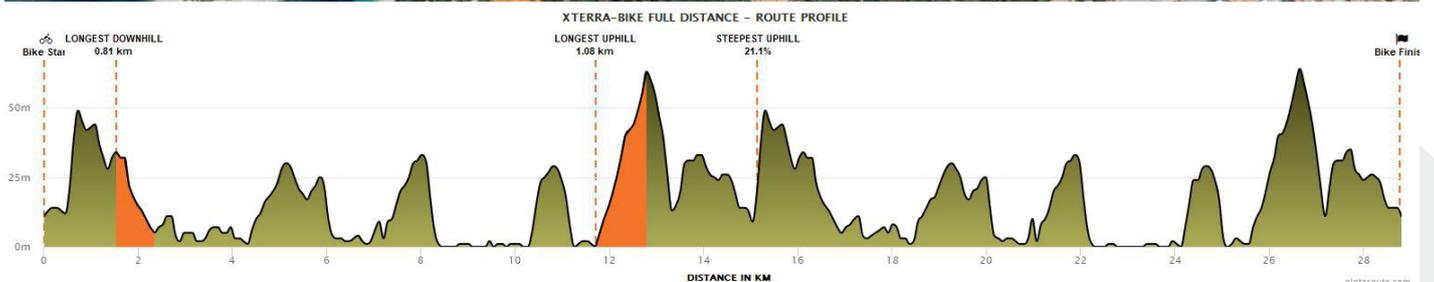
Race Courses

Full Distance Triathlon

BIKE

» This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitable uphill and mediterranean city cobbles with lots of stairs. The bike leg starts seriously from the start, taking you straight to its most difficult part - ascent towards "Vela straža" viewpoint, after which it's all getting easier - descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you'll be continuing to the Mediterranean city cobbles and stairs only to return to the famous Čikat pine forest.

- » Total ascent - 428m
- » Uphill - 12,96km (44,9%), Flat - 4,5km (15,6%), Downhill - 11,34km (39,3%)
- » 2 Aid stations at 11,8km and 25,7km





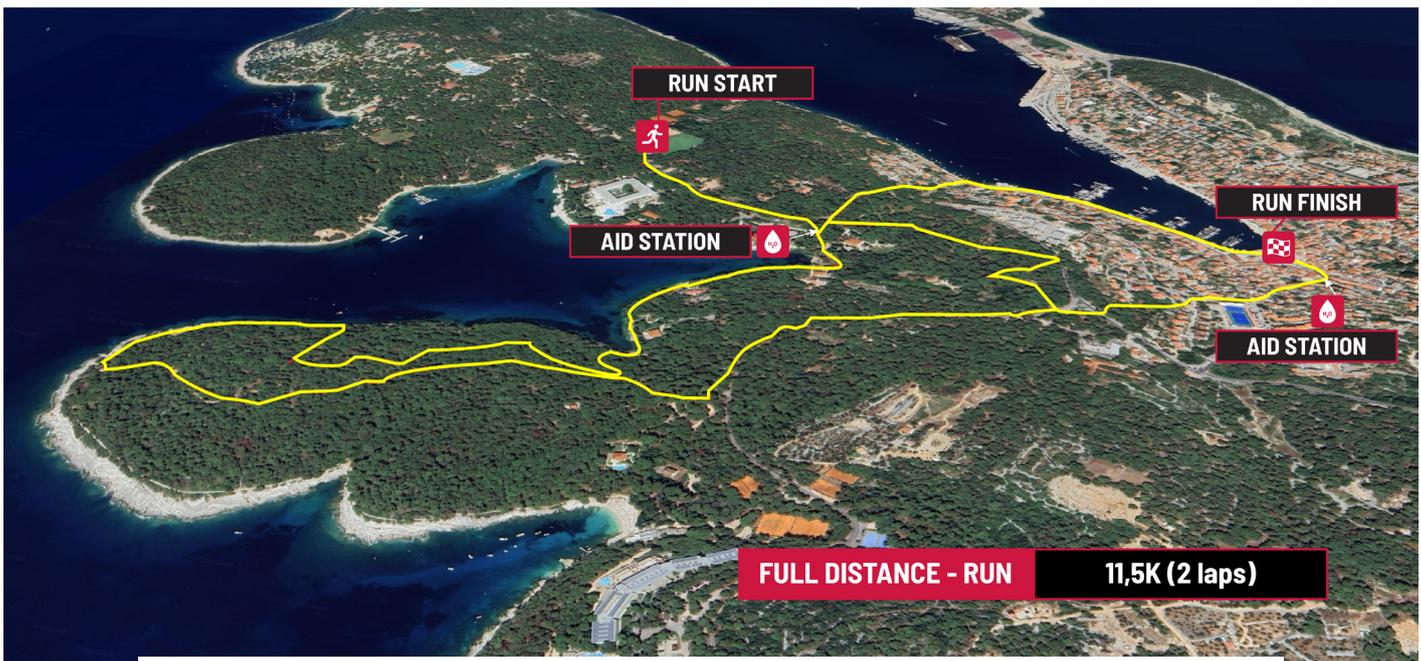
Race Courses

Full Distance Triathlon

RUN

» The run course takes you along Bellevue and Alhambra hotels to the beachfront (lungomare) with its carefully crafted gravel part perfect for off-road run. From there you'll be going uphill, through the small trim track only to come down to the beachfront again. At the most western part of the small peninsula you'll be hitting hard left to the WWII path, most difficult uphill part only to be rewarded with a downhill soon taking you to the Čikat park and it's maze of walkways. Don't worry, from there we'll guide you the aid station and Xterra Croatia bridge after which it's only red carpet to the finish line. If you're doing full distance, you'll be enjoying "the double pleasure" of everything described.

- » Total ascent - 168m
- » Uphill - 5,04km (43,3%), Flat - 1,8km (15,5%), Downhill - 4,77km (41,2%)
- » 4 Aid stations at 1km, 5,5km, 6,7km and 11km



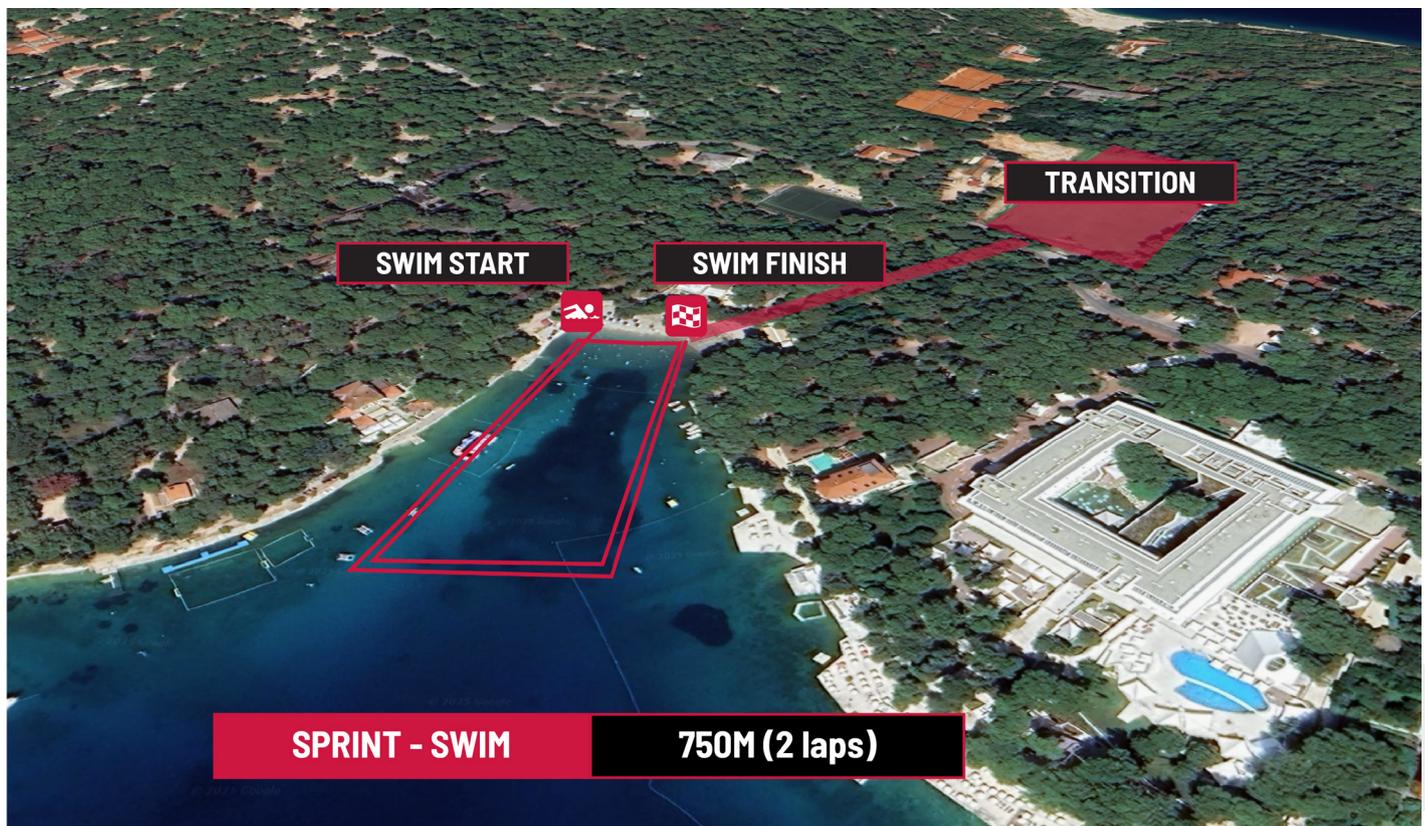
Race Courses

Sprint Triathlon

- » Saturday, May 10
- » Start at 10:00 (10:00 - Heat 1 - Men All)(10:15 - Heat 2 - Women All)
- » SWIM - 750M (2 laps) - [GPX](#)
- » BIKE - 15K (1 lap) - [GPX](#)
- » RUN - 5,4K - [GPX](#)

SWIM

- » The swim course is flat, meaning it's taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 2 laps around XTERRA buoys (counter-clockwise direction)
- » An "Australian Exit" after first lap (short running distance after first lap)
- » Exit on the sand beach with 150 meter run up to the transition area.





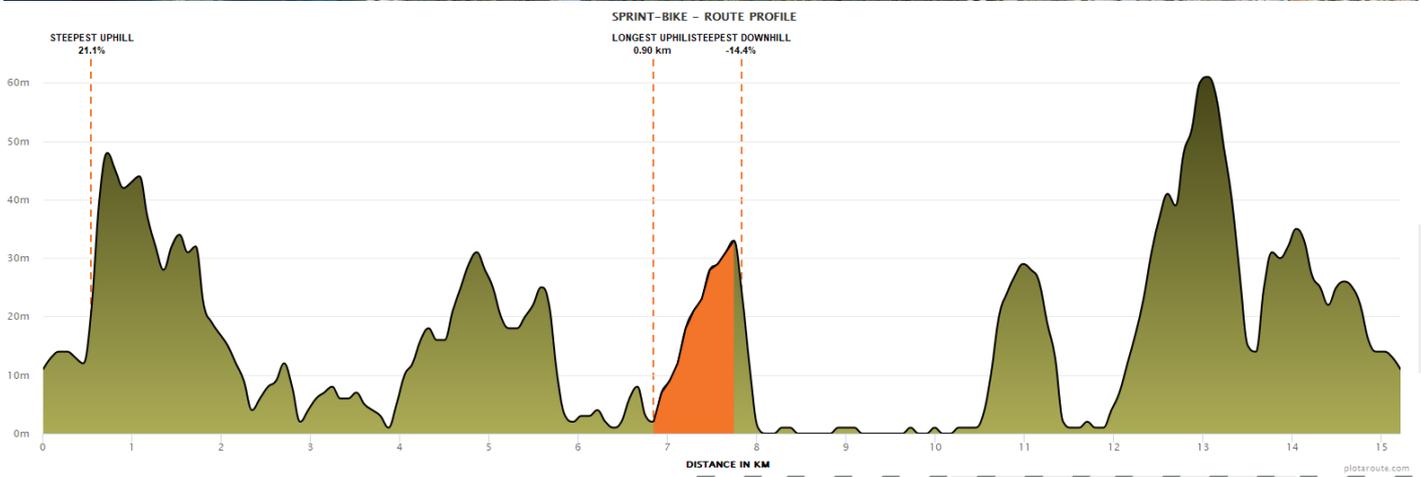
Race Courses

Sprint Triathlon

BIKE

» This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitable uphill and mediterranean city cobbles with lots of stairs. The bike leg starts seriously from the start, taking you straight to its most difficult part - ascent towards "Vela straža" viewpoint, after which it's all getting easier - descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you'll be continuing to the Mediterranean city cobbles and stairs only to return to the famous Čikat pine forest.

- » Total ascent - 215m
- » Uphill - 6,84km (44,9%), Flat - 2,25km (14,8%), Downhill - 6,12km (40,3%)
- » 1 Aid station at 12km





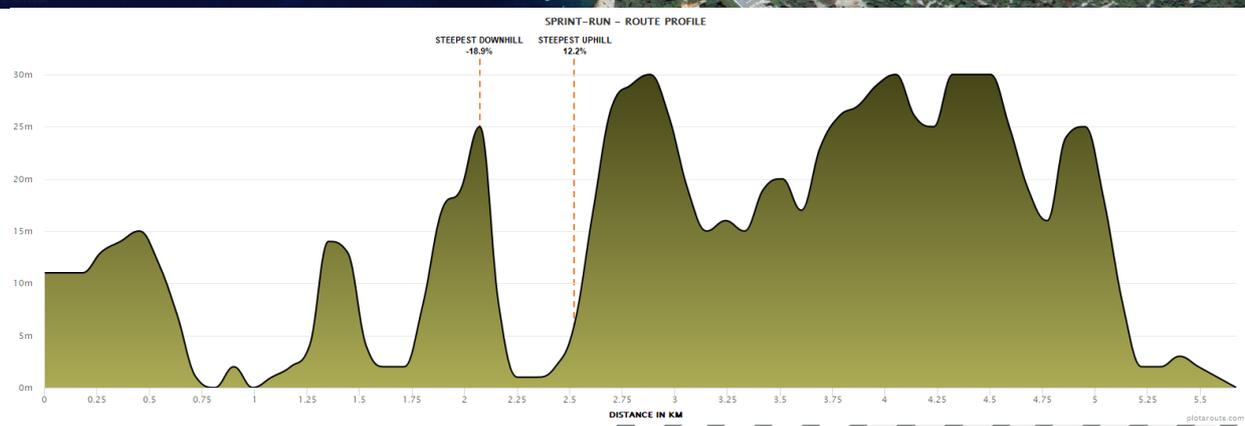
Race Courses

Sprint Triathlon

RUN

» The run course takes you along Bellevue and Alhambra hotels to the beachfront (lungomare) with its carefully crafted gravel part perfect for off-road run. From there you'll be going uphill, through the small trim track only to come down to the beachfront again. At the most western part of the small peninsula you'll be hitting hard left to the WWII path, most difficult uphill part only to be rewarded with a downhill soon taking you to the Čikat park and its maze of walkways. Don't worry, from there we'll guide you the aid station and Xterra Croatia bridge after which it's only red carpet to the finish line.

- » Total ascent - 72m
- » Uphill - 2,7km (47%), Flat - 0,63km (11%), Downhill - 2,34km (42%)
- » 2 Aid stations at 1km and 4,5km



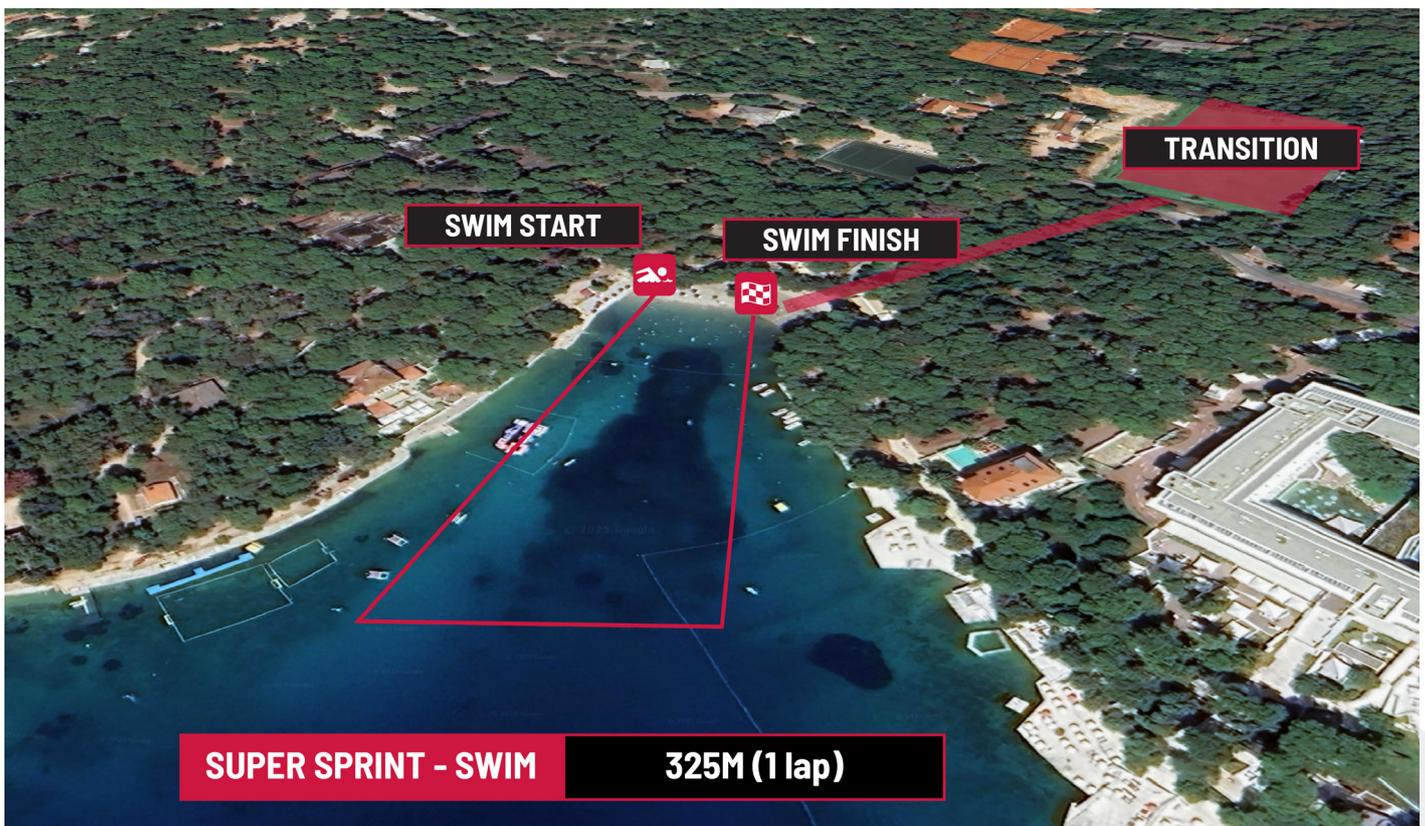
Race Courses

Super Sprint Triathlon

- » Saturday, May 10
- » Start at 09:00
- » SWIM - 325M (1 lap) - [GPX](#)
- » BIKE - 8,58K (1 lap) - [GPX](#)
- » RUN - 3,23K - [GPX](#)

SWIM

- » The swim course is flat, meaning it's taking place in pristine clear sea of Blatina bay, a small gulf enclosed from the open sea by 3 sides. You'll be swimming with the view on an ancient Mediterranean forest meeting modern and exclusive hotels and villas. Don't mind meeting dolphin or two
- » 1 lap around XTERRA buoys (counter-clockwise direction)
- » Exit on the sand beach with 150 meter run up to the transition area.





Race Courses

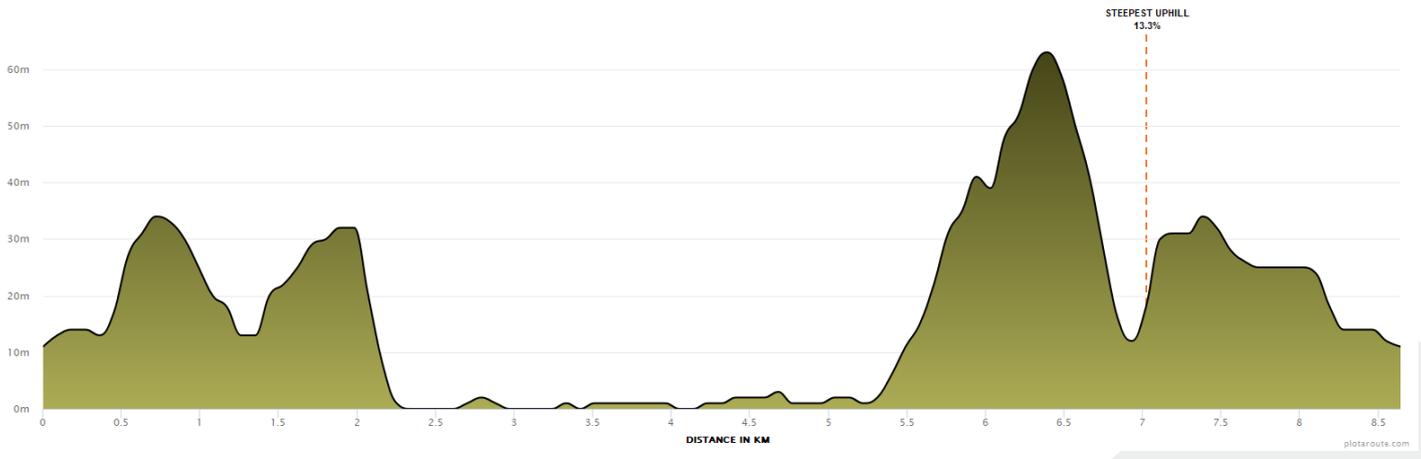
Super Sprint Triathlon

BIKE

- » The course is mix of pine forest paths, beautiful port and main square of Mali Lošinj and old city streets and roads.
- » Total ascent - 113m
- » Uphill - 3,24km (37,5%), Flat - 2,43km (28,1%), Downhill - 2,97km (34,4%)
- » 1 Aid station at 5,4km



SUPER SPRINT - BIKE - ROUTE PROFILE



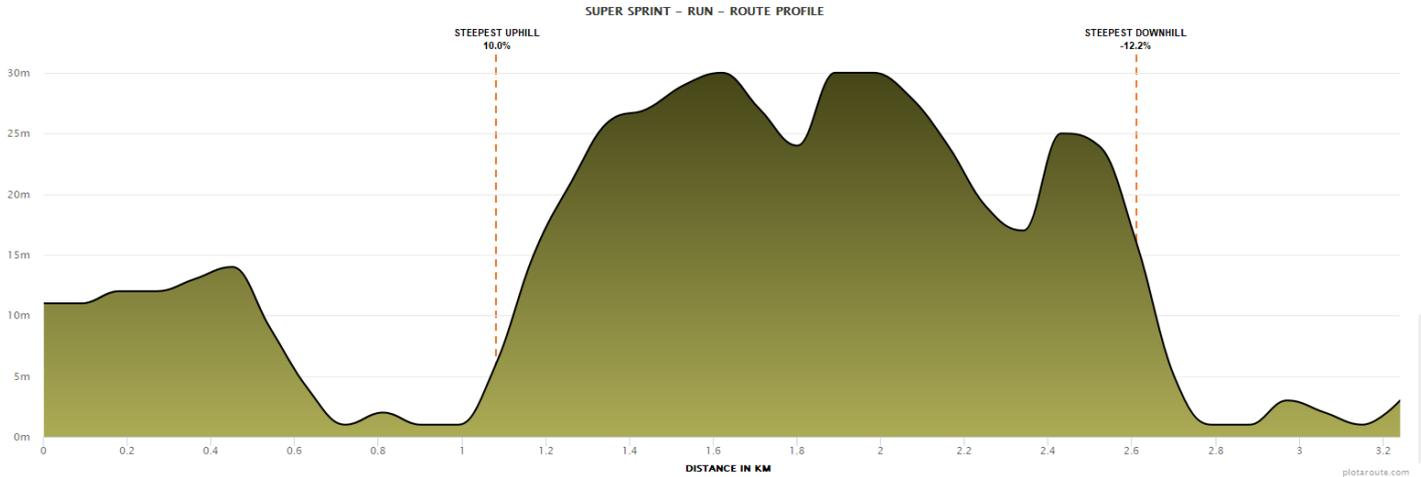


Race Courses

Super Sprint Triathlon

RUN

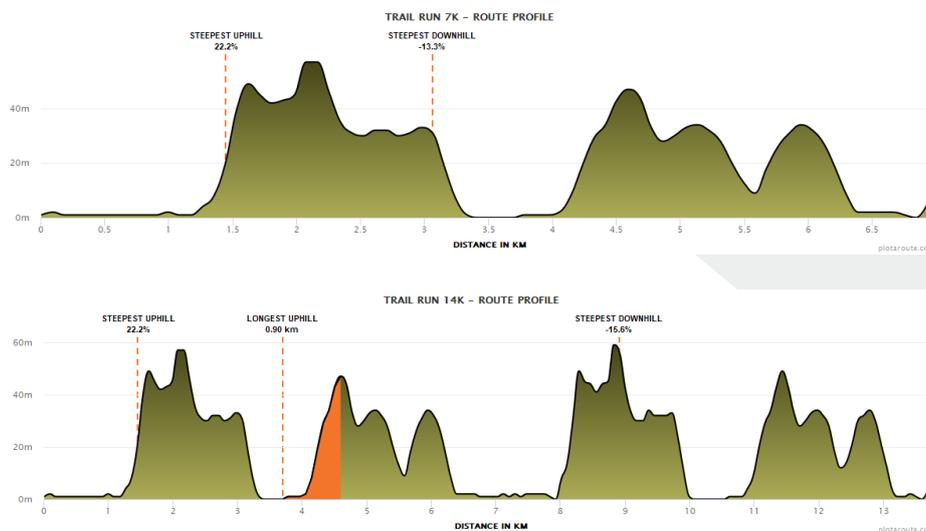
- » Shorter than Sprint run, but you will feel the same course spirit.
- » Total ascent - 28m
- » Uphill - 1,35km (41,4%), Flat - 0,45km (13,8%), Downhill - 1,44km (44,8%)
- » 2 Aid stations at 1km and 2,5km



Race Courses

Trail Run 7K & 14K

- » There's no better place to run in the summer than in the shades of the forest, therefore Mali Lošinj is a perfect spot. [Click/tap here for GPX 14K](#). [Click/tap here for GPX 7K](#).
- » Total ascent 7K - 128m; Total ascent 14K - 261m
- » Uphill 7K/14K - 2,61km/5,22km, Flat - 1,71km/3,24km, Downhill - 2,61km/5,22km
- » 7K Aid station at 3,4km; 14K Aid stations at 3,4km and 10km



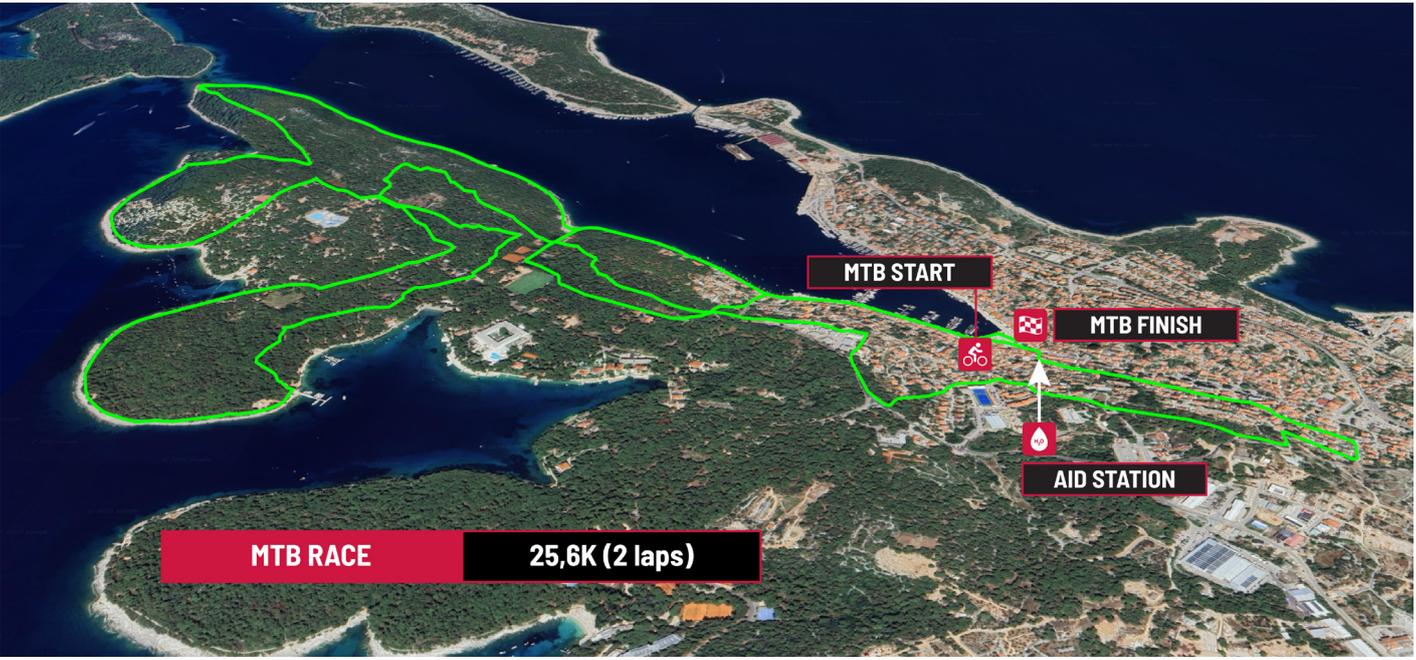


Race Courses

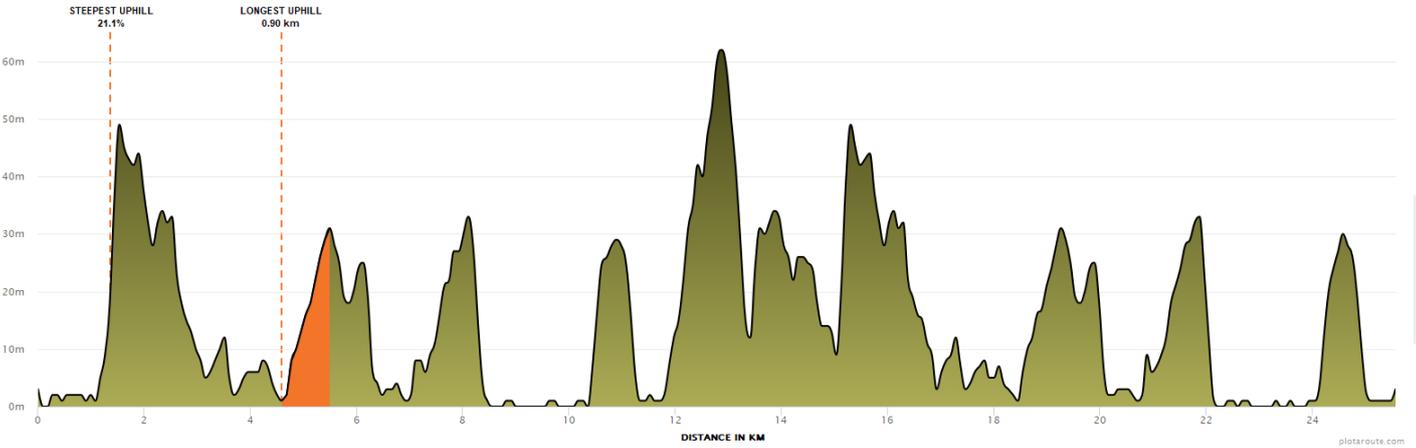
MTB Race

» The same course as for Full distance triathlon bike. This bike course is a mix of cool singletracks, fast fire roads, couple of downhills leading to inevitably uphill and mediterranean city cobbles and stairs. The bike leg starts seriously form the start, taking you straight to its most difficult part – ascent towards “Vela straža” viewpoint, after which it’s all getting easier – descent to the Čikat camping and cruise along the beachfront. After half of the lap and exciting mini XCO course, you’ll be continuing to the mediterranean city cobbles and stairs only to return to the famous Čikat pine forest. [Click/tap here for GPX.](#)

- » Total ascent - 340m
- » Uphill - 11,35km (44,5%), Flat - 4,23km (16,5%), Downhill - 9,99km (39%)
- » 1 Aid station at 11,9km



MTB RACE - ROUTE PROFILE



Competition Rules

XTERRA Croatia, Mali Lošinj **Sprint distance triathlon** is a **CROATIAN TRIATHLON FEDERATION (HTS) sanctioned event** - [World Triathlon Rules and Regulations](#) will apply.

General rules

- » No music devices/earphones
- » No course cutting. Immediate DQ. Life time ban on 2nd offence.
- » No littering. 5 minute penalty for littering on course. Use Litter Zone at aid stations.
- » No outside assistance. Athletes may help each other by sharing a tools and utensils.
- » Unsportsmanlike behavior, foul riding and running or the use of profane or abusive language may lead to disqualification
- » Athletes who do not finish the event, at the time of pulling out, must please report it to any
- » Technical Official.

Swim

- » Provided swim cap must be worn.
- » Goggles are optional.
- » Wetsuit is optional, depending on water temperature, see [Rules](#).

Bike

- » Mountain bike with race number displayed on handlebars is required.
- » Helmet and shoes are compulsory.
- » Clothing covering bottom and torso is compulsory.
- » Bike needs to be in good working order.
- » Bikes may only be removed when all athletes are off the course.

Run

- » Clothing covering bottom and torso is compulsory.

Competition Rules

Transition

- » Helmet on and buckled before taking your bike.
- » Remove helmet only once back has been racked after cycling leg.
- » Riding your bike within the Transition Area is prohibited. You may only begin cycling once you have passed the mount line outside the Transition Area
- » Familiarise yourself with the mount and dismount lines.
- » Only participants allowed in transition.
- » Bikes must be returned to the same location on the bike rack during the transition to the run
- » Bikes must be securely racked and may not be left on the ground before heading onto the run
- » Personal seconding or assistance in the Transition Area is prohibited

Specific regulations

Croatian National Cross Triathlon Championship (Youth B and Junior)

The 2025 XTERRA Croatia, Mali Lošinj will be hosting the Croatian National Cross Triathlon Championships in collaboration with the Croatian Triathlon Federation (HTS). The fastest Male and Female Croatian nationals with HTS license racing the XTERRA Sprint Cross Triathlon will become "Croatian Cross Triathlon Champion".

For the Sprint triathlon, all competitors, regardless of nationality, must have valid Medical certificate and be in a possession of HTS (Croatian Triathlon Federation) day or annual triathlon licence. You can buy HTS day licence on premise (cash only) and take part in the Croatian National Cross Triathlon Championship (XTERRA Sprint Cross Triathlon).

Special thanks to our co-organizers:





Prizes and WC Slots

XTERRA World Championship Slots

28 WC Slots

The winner of each age group at a qualifying event on the World Tour schedule will automatically earn a qualifying slot to the XTERRA World Championship. The number of slots indicated apply equally to male and female divisions.

The top male and female finishers in the Full Distance Triathlon will be awarded an unforgettable stay on the beautiful island of Lošinj!

FULL DISTANCE TRIATHLON AWARDS:

- » Male winner: 2-night stay for 2 with breakfast at Hotel Bellevue
- » Female winner: 2-night stay for 2 with breakfast at Hotel Bellevue

Winners will have the flexibility to choose their weekend stay in May, June, September, or October.

XTERRA Youth World Championship Slots

30 Youth WC Slots

Top 5 male and female youth athletes in the 18-19 (Junior), 16-17 (Youth B) and 14-15 (Youth A) divisions of the XTERRA Croatia Mali Lošinj Sprint Triathlon will be awarded with slots to the XTERRA Youth World Championship.

The top male and female finishers in the Sprint Triathlon will be awarded an unforgettable stay on the beautiful island of Lošinj!

SPRINT TRIATHLON AWARDS:

- » Male winner: 2-night stay for 2 with breakfast at Vitality Hotel Punta
- » Female winner: 2-night stay for 2 with breakfast at Vitality Hotel Punta

Winners will have the flexibility to choose their weekend stay in May, June, September, or October.



XTEERRA®

**CROATIA
MALI LOŠINJ**

Photo credits: Ivan Brčić

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